



# JANUARY 2011

Winter

## LYCOMING/CLINTON/NORTHUMBERLAND REGION

REQUIRED TRAININGS	DATE	TIME	PLACE
<b>PLEASE REFER TO MONTHLY NOTICE MEMO FOR ATTENDANCE AT REQUIRED TRAININGS</b>			
<b>DAY TRAININGS</b>			
CPI Review (see dress code below)	Monday, January 3 <sup>rd</sup>	8:30 a.m. – 12:30 p.m.	Training Room
	Tuesday, January 18 <sup>th</sup>	8:30 a.m. – 12:30 p.m.	Training Room
	Friday, January 28 <sup>th</sup>	8:30 a.m. – 12:30 p.m.	Training Room
CPR/AED (see dress code below)	Friday, January 14 <sup>th</sup>	9:00 a.m. – 11:30 a.m.	Training Room
	Thursday, January 27 <sup>th</sup>	9:00 a.m. – 11:30 a.m.	Training Room
Diastat Training	Wednesday, January 12 <sup>th</sup>	11:00 a.m. – 12:00 p.m.	Board Room
First Aid	Monday, January 3 <sup>rd</sup>	1:00 p.m. – 3:00 p.m.	Training Room
	Wednesday, January 26 <sup>th</sup>	9:00 a.m. – 11:00 a.m.	Training Room

ENRICHMENT TRAININGS	DATE	TIME	PLACE
<b>DAY TRAININGS</b>			
HCQU: Restrictive Lung Disease	Tuesday, January 4 <sup>th</sup>	2:30 p.m. – 3:30 p.m.	Training Room
	Wednesday, January 5 <sup>th</sup>	7:30 a.m. – 8:30 a.m.	ATF Kitchen
Wellness – Healthy Weight 101	Wednesday, January 19 <sup>th</sup>	11:30 a.m. – 12:00 p.m.	Board Room
	Wednesday, January 19 <sup>th</sup>	12:00 p.m. – 12:30 p.m.	Board Room
<b>NIGHT TRAININGS</b>			
Monica & David – Down Syndrome	Monday, January 10 <sup>th</sup>	5:00 p.m. – 8:00 p.m.	Board Room

ORIENTATION TRAININGS	DATE	TIME	PLACE
Employee Orientation/Med Admin	Wednesday, January 5 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room
	Thursday, January 6 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room
	Friday, January 7 <sup>th</sup>	8:00 a.m. – 3:00 p.m.	Training Room
	Monday, January 10 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room
	Tuesday, January 11 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room
<b>DRESS CODE:</b> Short or long sleeve tops that fully cover the upper body, long, comfortable pants or jeans that are not too loose or too tight as well as closed-toe shoes are required	Wednesday, January 19 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room
	Thursday, January 20 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room
	Friday, January 21 <sup>st</sup>	8:00 a.m. – 3:00 p.m.	Training Room
	Monday, January 24 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room
	Tuesday, January 25 <sup>th</sup>	8:00 a.m. – 4:30 p.m.	Training Room

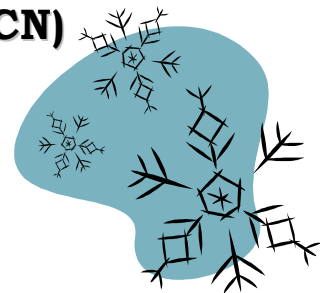
Training Calendar Available on Website: [www.heionline.org](http://www.heionline.org)

Those trainings listed in bold print are non human service training hours





# LYCOMING/CLINTON/NORTHUMBERLAND (LCN)



## HUMAN SERVICE ENRICHMENT TRAININGS

### ***HCQU: RESTRICTIVE LUNG DISEASE***

Come learn about Restrictive Lung Disease. We will learn the signs and symptoms of the disease and identify treatment options to be able to better support those in our care.



Tuesday, January 4<sup>th</sup>

2:30 p.m. – 3:30 p.m.

Training Room

Wednesday, January 5<sup>th</sup>

7:30 a.m. – 8:30 a.m.

ATF Kitchen



### ***MONICA AND DAVID – DOWN SYNDROME***

Blissfully in love, Monica and David are part of a new generation living with Down Syndrome, who want what most adults want: love, work, and independence. Monica and David is full of humor, romance, and everyday drama.



Monday, January 10<sup>th</sup>

5:00 p.m. – 8:00 p.m.

Board Room



### ***WELLNESS – HEALTHY WEIGHT 101***

Lynne Maietta from Blue Health Solutions will present Healthy Weight 101. This program will focus on healthy eating habits and activities to lose weight, as well as what is a healthy weight and how to maintain it. This half hour training is being offered twice (11:30 a.m. and 12:00 p.m.). Spouses insured under Hope's Blue Health Solutions Insurance Program are eligible to attend. Participants will also have a chance to win valuable gift cards. Must sign up with Michelle Smith.



Wednesday, January 19<sup>th</sup>

11:30 a.m. – 12:00 p.m.

Board Room

Wednesday, January 19<sup>th</sup>

12:00 p.m. – 12:30 p.m.

Board Room

